



5000 Rocklin Rd., Rocklin, CA 95677
(916) 660-8231 www.fuse1212.org

January 2011
Vol 3, Issue 1

WELCOME BACK, MEMBERSHIP

Your FUSE Executive Board hopes you had a relaxing and memorable winter break. As we enter the new year, please know that your FUSE Executive Board will continue working diligently for countless hours on contract issues for the benefit of all its members. The FUSE office is open for all members Tuesdays through Thursdays from 8am to 4:30pm, closed for lunch from 12:00 to 12:30. Board members can be reached via their Sierra College email address and phone extension. Thank you for your continued support.

FUSE EXECUTIVE BOARD CONTINUING EDUCATION

Continuing education is vital to the strength and efficiency of union leadership. In the past several years, FUSE executive board members have taken part in leadership development courses designed to strengthen its representational ability for its membership. Business Managers and Secretary-Treasurers are mandated to attend educational courses within their first term of office and at least one additional course every three years thereafter. The Laborers International Union of North America or LiUNA, has in place a 3-level course and curriculum uniquely responsive to the needs of public jurisdictions, such as Sierra College. This education series takes place annually at the National Labor College in Silver Spring, Maryland.

FREE MONEY FOR COLLEGE

Applications are available for the 2011 Union Plus Scholarship Program, which provides college scholarships to union members, their spouses and dependants for scholarship grants ranging from \$500 to \$4,000. In addition to demonstrating academic ability, applicants are required to submit essays of no more than 500 words describing their career goals, their relationship with the union movement and why they are deserving of a union scholarship. Go to www.unionplus.org, then click on Legal and Education, then Scholarships, then Union Plus Scholarship to download an application. If you need assistance, please call Union Plus at 800-472-2005. Applications must be postmarked by **January 31, 2011**.

RETIREMENTS

- Jim Wilson, Instructional Assistant Biological Sciences, 40 years
- Linda Nash, Administrative Assistant, Business, Applied Academics and Physical Education, 10 years

DO YOU HAVE OUR CARD?

It is advised that you carry our FUSE Local 1212 business card with you in the event that you need to contact us or have a need to review your Weingarten Rights. If you do not have it, please call our office at 8231 or email sc-Inivinski@sierracollege.edu.

FRONT

Federation of United School Employees
FUSE Local 1212
Affiliated with the Laborers' International Union of North America

Rick McMurtry
Business Manager

Sierra College
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BACK

YOUR WEINGARTEN RIGHTS

If you have a reasonable basis to believe that a meeting is an investigatory interview and/or that disciplinary action may result from such meeting, you have the right to union representation.

You must read or hand this statement to management before or during such meeting:

“If the discussion I am being asked to enter into could in any way lead to my discipline or termination or affect my personal working conditions, I ask that a union steward, representative or officer be present. Unless I have this union representation, I respectfully choose not to participate in this discussion.”

YOUR FUSE EXECUTIVE BOARD

Kristie Purdy	President	ext. 7653
Laurie Thiers	Vice President	ext. 7515
Rick McMurtry	Business Manager	ext. 8230
Susan Keller	Secretary-Treasurer	ext. 8101
Leona Powell	Recording Secretary	ext. 6078
Maria Hernandez	Sergeant at Arms	ext. 8046
Elaine Sturgell	Board Member	ext. 7980
Cheryl Harris	Board Member	ext. 6222

Steward's Mission Statement

The mission of the local steward is to actively encourage member participation, to foster a positive relationship between the Union and Management, to ensure that appropriate representation is accessible and provided to employees, to serve as a communication link between Union Staff/Union Programs and members/employees, to foster and nurture open communication, to ensure the labor contract is adhered to and that other established working conditions are fairly enforced, to identify problems that need to be addressed, and to serve as a knowledge resource for members/employees.

Your Sierra College Stewards

Sue Keller, Chief Steward, Tahoe-Truckee, F Bldg	Ext. 8101/8231
Diane Tomasello, Co-Steward Tahoe-Truckee	Ext. 2209
Melinda Thomas, Nevada County Campus	Ext. 5297
Leona Powell, Nevada County Campus—Evenings	Ext. 6078
Ruth Echavarria, Roseville Gateway, Community Ed	Ext. 6245
Maria Hernandez, B, C, S, ST Buildings	Ext. 8046
Rick McMurtry, Gym, Theatre, N, D, DT Buildings	Ext. 8231
Jennifer Dupuis, U, X, XT, Y, YT Buildings	Ext. 7272
Laurie Thiers, L & W Buildings	Ext. 7515
Kristie Purdy, M, MT, V, Z Buildings	Ext. 7653
Elaine Sturgell, Learning Resource Center, A, J Buildings	Ext. 7980
Chris Benn, Rocklin Campus—Evenings	Ext. 7152
Jeff Lloyd, General Alternate	Ext. 7660

Sweet Potatoes, Yams and White Potatoes

Yams and sweet potatoes, what is the difference? There are numerous opinions online regarding this. The most prevalent information says that what are marketed in the United States as yams are actually a variety of sweet potato. Several decades ago when orange fleshed sweet potatoes were introduced into the southern United States, producers and shippers desired to distinguish them from the more traditional white flesh types. The African word "*nyami*" referring to the starchy, edible root of the *Dioscorea* genus of plants was adopted in its English form, "*yam*." Although the terms are generally used interchangeably, the US Department of Agriculture requires that the label *yam* always be accompanied by *sweet potato*.

Sweet potatoes and white potatoes have similar nutritional values; however, sweet potatoes are a complex carbohydrate, which means they digest more slowly than white potatoes, and therefore will not cause your blood sugar to spike. While the sweet potato has a sweeter flavor than the white potato and slightly more calories, it has almost double the fiber and more beta-carotene, which boosts immunity and helps build bones. Both potatoes provide potassium plus many other vitamins and minerals. Just be sure to leave on the skin when you're eating white potatoes, because that's where you'll find most of their fiber.

Thyme-Roasted Sweet Potatoes

- 4 medium sweet potatoes, peeled and cut into 1 1/2-inch-thick rounds
- 3 tablespoons olive oil
- 4 large garlic cloves, minced
- 1/3 cup fresh thyme leaves, plus 6 thyme sprigs for garnish
- 1/2 teaspoon kosher salt
- 1/2 teaspoon red pepper flakes

Preheat oven to 450°F. In large mixing bowl, combine all ingredients and toss. Arrange potato slices in single layer on heavyweight rimmed baking sheet or in 13x9-inch baking dish. Place on top rack of oven and roast until tender and slightly browned, about 40 minutes. Serve warm or at room temperature, garnished with thyme sprigs.

January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 POLO DAY!	7	8
9	10	11 BOARD OF TRUSTEES 4:00	12 CLASSIFIED SENATE 12:00	13 FUSE E-BOARD MTG 8:00	14	15
16	17 HOLIDAY	18	19	20 POLO DAY!	21	22
23	24 FIRST DAY OF INSTRUCTION SPRING	25	26 CLASSIFIED SENATE 12:00	27	28	29
30	31					

New Year's eve is like every other night; there is no pause in the march of the universe, no breathless moment of silence among created things that the passage of another twelve months may be noted; and yet no man has quite the same thoughts this evening that come with the coming of darkness on other nights.

- Hamilton Wright Mabie